

# **HENDERSON COUNTY FAMILY YMCA WINTER MEMBERSHIP DRIVE FEBRUARY 1 - 29, 2020**

**NO JOINING FEE – SAVE UP TO \$200.00!**

**Corporate monthly bankdraft & payroll deduction rates:**

**Adult \$36.00 SPF \$36.00 Senior \$31.00 Family \$42.00**

**Financial Assistance Available For Low Income Individuals & Families**

**\$221,737 in Financial Assistance to 2,938 people in 2018.**

**Serving Over 2,500 Boys & Girls Through Programs & Memberships**

## **MEMBERSHIP INCLUDES THE FOLLOWING:**

- **3 FREE Hydro Massage Lounge Recliners for Adult Members!**
- **Technogym Cardio & Selectorized Weight Equipment!**
- **FREE use of other Y's in the country! (New Evansville YMCA Now Open)**
- **4 Teen/Adult Fitness Centers (members only- ages 14 & older)**
- **FREE use of Saunas with Men's or Women's Health Locker Room memberships**
- **FREE Land & Water Aerobics Classes (see schedule & age policy)**
- **FREE Yoga, Pilates, Zumba, Circuit Interval, R.I.P.P.E.D., Tabata, Body Blast, Barre, Les Mills Live and Virtual Classes (7 days a week; open to close), and Cycling Live and Virtual Classes (7 days a week; open to close)**
- **Teen /Adult Gymnasium & Youth Gymnasium (ages 9-13) –see schedule in lobby**
- **FREE Racquetball Court Usage (ages 14 & older)**
- **FREE Babysitting Service (morning, night and weekend hours)**
- **Warm Water Therapy Pool (Adults, Families, and Seniors - see schedule & policies.)**
- **Designated Family swim times: for families with children ages 6 & older, see schedule**
- **Indoor Heated Swimming Pool (open/lap swim; family swim; aqua aerobics)**
- **Locker and Shower Facilities (we suggest bringing or buying a lock at the Service Desk)**
- **Heated Indoor Walking / Jogging Track (12 laps per mile)**
- **2 Indoor Tennis Courts (FREE for walk-in play; reservations require a fee/guest fee)**
- **FREE Tae Kwon Do classes (age 7 to adult - free; guests \$15/month-Ages 4-6-trial basis)**
- **Social Recreation Center-age 9 & older: Pool Tables, Ping Pong, Air Hockey, Foosball, Basketball, Football, Computers, Racing Bikes, Pinball, Vending Snacks & Drinks**
- **MEN'S AND WOMEN'S HEALTH LOCKER ROOM MEMBERSHIPS AVAILABLE (Personal locker, Showers, T.V., Lounge, Sauna, Cardio Exercise Equipment)**
- **Humana Go365 Beacon; FREE Silver Sneakers Membership with proper insurance.**

**\*3 HYDROMASSAGE LOUNGE RECLINERS!\*  
DEEP WARM WATER MASSAGE!  
SORE MUSCLES? STRESS?  
FREE FOR YMCA ADULT MEMBERS!**

**\*TECHNOGYM CARDIO & SELECTORIZED\*  
WEIGHT EQUIPMENT AVAILABLE!**

**Technogym is the most advanced and quality technology-driven fitness equipment on the market! Use of Technology is Optional. Now available ONLY at your Henderson County Family YMCA!**

**\*FEATURES & ADDED SERVICES TO FITNESS CENTERS\***

- **Hundreds of FREE fitness program options via FREE app!**
- **FREE beginners' self-assessment (flexibility & body comp.)**
- **Track usage and workouts inside and outside of the YMCA!**
- **Frequent fitness challenges for all members – win prizes!**
- **Certified Personal Trainers and Fitness Center Coordinator!**
- **Additional staffing added to better serve our members!**
- **Affordable Personal Training available for Individuals or Groups!**

*For more information,  
contact the Henderson County Family YMCA  
at 270-827-9622  
YMCA Website: [www.hcfymca.com](http://www.hcfymca.com)*